EMPLOYEE TRAINING RECORD

TRAINING TITLE   Hearing Protection

KEY TEACHING POINTS

PURPOSE

To protect employees from the hazards associated with exposure to high levels of noise. Hearing protection is required for noise levels over 90 dBA time weighted average.

PHYSICAL EFFECTS OF NOISE

Psychological effects - Noise can startle, annoy, and disrupt concentration, sleep, and relaxation.
Communications effects - Noise can interfere with communication by speech and as a consequence, can interfere with the job.
Physiological effects - Noise can cause loss of hearing, or aural pain when exposure is severe. Can raise blood pressure.

NOISE REDUCTION RATIO - NRR

The indicator that is used to determine the amount of noise reduction protection that hearing protectors provide.

TYPES OF PROTECTION

Plugs

Ear plugs are designed to be inserted into the ear. They are designed for one time use or some may be cleaned and reused - check manufacturer specifications for the type that you use.

Muffs

Muffs fit over the entire ear and afford the greatest protection from harmful noise. They may be an independent model that holds the cups together with a tensioning wire or mounted by the use of clips onto a hard hat.

INSPECTION

Reusable plugs

Inspect the material for pliability and elasticity. If the plug is cracked, stiff, and non-pliable dispose of.

Muffs

Inspect the materials. They must fit snugly against the head, the materials must be kept clean. If the cushion does not retain its shape or if the materials begin to degrade, repair or dispose of the cups.

CLEANING

Use warm soapy water and air dry.

STORAGE

Store reusable plugs and cups in a clean dry area with minimal exposure to sunlight.

TEST

QUESTION	ANSWERS	
	TRUE	FALSE
1 Noise can raise blood pressure.		
2 Noise can make you tired.		
3 The NRR will help you decide which type of hearing protection to use.		
4 Ear muffs fit over the entire ear and provide the greatest protection from the effects of noise.		
5 Clean reusable hearing protectors with soapy water and air dry.		

EMPLOYEE'S NAME	EMPLOYEE'S SIGNATURE	DATE
INSTRUCTOR'S NAME	INSTRUCTOR'S SIGNATURE	DATE

1. True 2. True 3. True 4. True 5. True